

of Literature and Expression.⁵⁶

According to your desire, I have been giving a talk on Deportment and after dinner exercise to the first and second year students on Thursday evenings each week.⁵⁷

In our work this season I have tried to think of individual development more than in former years. In looking over Dr. Davis' charts we found on almost every card, General health good; does not tire easily; carriage not very good; not very well developed.... There is a great big question in my mind about any two girls occupying the same room as I read and study these charts. Science tells us you cannot inherit disease, but that you inherit a tendency, and that these may be overcome if the environment and life be right.... From these charts we have had to deal with the class with chronic constipation, the class with headaches, and the class with sluggish livers. We have five little girls very eager to grow and by the rule of anthropometry four of them should have grown taller. They have been regularly stretched and the process has been life-giving we believe. We cannot force human muscles in a day or a month, so will report on these cases later on. Our classes till Easter have been well attended. We have had a great interest in basket-ball but not any very scientific playing as demonstrated by the defeat of our Club when playing with St. Hilda's and St. Andrew's Clubs. The work in deportment has not been satisfactory. In the beginning of the season, I started after-dinner lectures on deportment to have such reports as "The seniors do so-and-so." The seniors were consulted and asked to co-operate in this work and an outline given of things that we must be careful not to do, and of others that we must very carefully observe, as they do in other well-regulated families. With one or two exceptions we have had no help from the seniors. They are constantly breaking these unwritten laws. In our graduating class we have only three girls who have any genuine interest in athletics or physical culture. Miss Hekey, I must mention, has been a constant help to me and she goes out of this home demonstrating three-fold development. The students of South Hall have been the most faithful attendants at the classes. Miss Hamilton has proved

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⁵⁶ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," Winter 1909.

⁵⁷ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," January 1910.

true and I believe we have found in her a very desirable assistant. There is so much to be done, so little one can see being done that each year I seem to have failed but I have enjoyed my work with the girls and have enjoyed my life in residence as never before.⁵⁸

We find that five of our students who were working for height have gained from one-half inch to one and one-half inches. Classes are arranged as follows.... Saturday mornings at nine-thirty o'clock - the lectures in Physiology and Hygiene as applied to Exercise, given at the Margaret Eaton School by Dr. Eliza Gray are open to our students, free of charge.⁵⁹

We note with pleasure a new and growing interest in athletics. The Director of the Gymnasium believing that the play-spirit is the true spirit for exercise. This year she encouraged games rather than more formal gymnastics of other years.⁶⁰

... certain it is that our first year students have increased in stature and comeliness.... If our students could only be made to realize that this training is not simply for their own culture, wage earning capacity, or share in social life, but for the benefit of the race to which they belong. This larger thought would not change, perhaps, in any striking way the methods of our most modern education, as Dr. Wood of Columbia University says, but it would give a more definite motive, inspiration and sanction for certain phases of it, which do not, as yet receive adequate attention. There should be more study of life and the world of living things, and of our place in nature, more study of human life, of its nature, origin and development, responsibility for the home and parenthood.... "If each before his own door swept the village would be clean."... Miss Hamilton, my associate has been faithful. She is a most competent

⁵⁸ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 14 April 1910.

⁵⁹ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 1910.

⁶⁰ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," March 1911.

instructor.⁶¹

I am greatly indebted to the gymnasium committee for the arrangement made at their special meeting whereby my assistant was given residence in Annesley Hall. It was a great worry to me that Miss Hamilton had to come from a distance in the early morning to help with our classes at ten minutes past seven....⁶²

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I find some splendidly developed girls and with one or two exception these girls have had systematic physical training before coming to us.... Seven students have registered for the teachers work and are taking Dr. Douie's lectures on physiology and anatomy as applied to exercise at the M.E.S. of L. and E. Twelve are registered in theory.⁶³

MES

The Committee on Physical Education of the University of Toronto have accepted the outline for physical education as taught in our Annesley Hall Gymnasium during the past eight years and have given it a place on the Curriculum of the University.... This action of the University has given us the hope, seeing they have honoured our outline, that they would also honor the certificates granted to the Annesley Hall Gymnasium graduates with a University Diploma providing the Students arranged to take the work in Voice Culture, Social Service can never be an examination subject.... At the present time we are the only gymnasium supplying all the teaching of the University Curriculum. We begin a class in Voice work next week given to all the years.⁶⁴

Miss Hamilton reports a seriousness and a fine spirit in her classes.... The first year students are nobly demonstrating the value of working by themselves. This class were very happy to have you as their guests last

⁶¹ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," March 1911.

⁶² VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," January 1912.

⁶³ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 14 November 1912.

⁶⁴ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," January 1913.

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Saturday and although the work was not as good as we
would like we are so glad that you felt we had the true
play spirit.⁶⁵

⁶⁵ VUA, 90.064V, Box 3, File 19, "Director of Physical
Education, Reports Re: Women's Use of the Gymnasium, 1905-1913,"
1 February 1913.

Board of Regents

Resolved that women out of residence shall pay an additional fee of \$3.00 during their first year, which shall include medical examination for physical training and the privilege to consult with the nurse in the infirmary. It was explained that instructors in physical training could be secured from the Margaret Eaton School and that the training would be done in the gymnasium at Annesley Hall. the cost of this instruction for next year would be \$400., the Women's Council would pay \$100. and the balance would be paid by this board. Mr. Rundle, after reviewing in a general way the present financial position of the University, requested that it be made perfectly clear to the Women's Council that this appropriation should not be increased in the following years.⁶⁶

The work in physical training which was inaugurated last year for women students of the first year has proven very successful. The instruction was given by a member of the staff of Margaret Eaton School, who devoted half her time to Victoria students. In the autumn the instruction was given out of doors in tennis and archery and later in the term a program of folk-dancing, stunts, low organized games, exercises and marching was carried on in the gymnasium. Each student was also required to complete during the year fifteen hours in one activity of her own choosing from a suggested list such as archery, tennis, horse-back riding, figure skating, badminton, golf, deck-tennis, swimming or skiing.

The Women's Council wish to ask, on account of the great success of the physical training course during its first year, that the Board of Regents renew its grant of \$300.00 in order to help carry on the work next year.⁶⁷

The Chancellor reported the proposal of the University of Toronto to erect an Athletic Building for the women students, the operating costs to be met by fees collected from all women students. In this connection the chancellor read the following recommendation from the Women's Council:

⁶⁶ VUA, 87.125v, Volume 2, "Minutes of the Board of Regents - November 19th, 1931 to October 24th, 1940," 13 June 1933.

⁶⁷ VUA, 87.125v, Volume 2, "Minutes of the Board of Regents - November 19th, 1931 to October 24th, 1940," 1 June 1934.

After careful consideration it was agreed that we place ourselves on record as approving the scheme, but that we ask the authorities to consider whether it would be possible to accept the certificate of the physician of Victoria residences for any residence students taking physical training and in that case to make a refund on the fees of these women. The committee questioned the wisdom of compulsory education for women of the second year, and decided to request consideration of a plan to have a compulsory course for the first year, and an optional one for the other three.

On motion of Chancellor Wallace, and seconded by Principal Brown, it was resolved - That the Board of Regents approve of the proposal of the University of Toronto to erect an Athletic Building for the women students, if its maintenance can be assured without imposing too heavy a financial obligation on the students; and the following were appointed a committee to confer with the University authorities; the Chancellor, Principal Brown and Miss MacPherson.⁶⁸

⁶⁸ VUA, 87.125v, Volume 2, "Minutes of the Board of Regents - November 19th, 1931 to October 24th, 1940," 24 June 1936.



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